

ACTIVITY DAILY AMOUNTS

Use the information on this page to figure out the amounts you should eat from each food group.

- On Table 1, find the amount of Calories you need, based on your age, gender and level of physical activity. Write your estimated daily calorie needs here.

Calories per day: _____

- Find the column in Table 2 that matches your daily Calorie needs. Use this information to complete column one on the My Plan activity sheet.

If you have access to the Internet, visit www.MyPyramid.gov and use the interactive My Pyramid Plan box to calculate the amounts you should eat from each food group.

“Discretionary Calories” are Calories that can be used for extra treats or snacks.



Table 1.



The table to the right gives an estimate of individual calorie needs based on age, gender and physical activity level (sedentary or active).

Sedentary

A lifestyle that includes only the light physical activity associated with typical day-to-day life.

Active

A lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3–4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Estimated Daily Calorie Needs

	Sedentary Calorie Range	Active Calorie Range
Children		
2–3 years	1,000	1,400
Females		
4–8 years	1,200	1,800
9–13	1,600	2,200
14–18	1,800	2,400
19–30	2,000	2,400
31–50	1,800	2,200
51+	1,600	2,200
Males		
4–8 years	1,400	2,000
9–13	1,800	2,600
14–18	2,200	3,200
19–30	2,400	3,000
31–50	2,200	3,000
51+	2,000	2,800

Table 2.

Recommended Daily Amount of Food from Each Food Group at Different Calorie Needs

Calorie Need	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
Meat & Beans	2 oz	3 oz	4 oz	5 oz	5 oz	5.5 oz	6 oz	6.5 oz	6.5 oz	7 oz	7 oz	7 oz
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary Calories	165	171	171	132	195	267	290	362	410	426	512	648

Safety Note. Before beginning any diet, supplement or exercise program, discuss it with your doctor or a qualified health care provider.